

BREAKFAST

DAY 7

Orange Juice
Malt-O-Meal
Scrambled Eggs
Seven Week Muffins (recipe)
W/Margarine
Sausage Link
2% Milk (6oz.)

COFFEE BREAK

LUNCH

BAGELS & ASSORTED MUFFINS

Mandarin Orange Sections in Jell-O (recipe)
Baked Ham
Yams or Scalloped Potatoes
Riviera Blend or Broccoli Spears (frozen)
Whole Wheat or White Dinner Roll
Raspberry Sherbet
2% Milk (6oz.)

STAFF

Salad Bar
Grilled Chicken Fettuccine (frozen)
Meat: Baked Ham
Sandwich: Turkey W/Lettuce & Tomato
Soup: Chili or Vegetable Beef Soup
Chili Dog

SUPPER

Relish Plate W/1T. Ranch Dressing
Glazed Chicken (frozen)
over Noodles
French Dip Au Jus
Beets
Spinach (frozen)
Blackberry Pie (frozen you bake)
2% Milk (6oz.)

AFTERNOON COOK PLEASE TAKE OUT CHICKEN LEGS & THIGHS & FROZEN STRAWBERRIES

Day 8

Apple Juice
Wheat Bran Flakes
Pancakes (Boyd’s Coffee Buttermilk Pancake Mix)
W/Margarine Pat & Syrup
Crisp Bacon
2% Milk (6oz.)

BAGELS & ASSORTED MUFFINS

Jellied Ginger Upper (recipe)
Salisbury Steak (frozen)
Mashed Potatoes & Brown Gravy
Normandy Blend vegetable (frozen)
Carrot Coins (frozen)
Whole Wheat or White Dinner Roll
Tapioca Pudding (recipe)
W/Topping (Rich’s frozen topping with decorator tip)
2% Milk (6oz.)

Salad Bar
French Dip Sandwich w/Au Jus
Sandwich: Chicken Salad (recipe)
Meat: Salisbury Steak (frozen)
Soup: Chicken W/White and Wild Rice (frozen)

Tossed Salad w/Ranch Dressing
Tuna Noodle Casserole (frozen)
Five Cheese Lasagna (frozen)
Peas (frozen)
Green Beans
Strawberry Short Cake (recipe)
W/Topping (Rich’s frozen topping with decorator tip)
2% Milk (6oz.)

AFTERNOON COOK PLEASE TAKE OUT (2) ROAST BEEF, PREPARE CHICKEN TERIYAKI & CANADIAN BACON

DAY 9

Apricot Nectar
Quaker Kettle Hearty Oats
Cheese Omelets (you can buy these frozen)
Buttered Raisin Toast
Canadian Bacon
2% Milk (6 oz.)

BAGELS & ASSORTED MUFFINS

Cranberry Juice Cocktail (recipe)
Chicken Teriyaki (recipe)
Rice W/Mushrooms
Cantonese Blend vegetable (frozen)
Green Beans
Whole Wheat or White Dinner Roll
Lemon Sherbet
2% Milk (6oz.)

Salad Bar
Tuna Casserole (frozen)
Meat: Chicken Teriyaki (recipe)
Sandwich: Ham w/Lettuce & Tomato
Soup: Potato W/Bacon (frozen)

Grated Carrot & Raisin Salad (recipe)
Beef, Mushrooms and Pearl Onions in Wine Sauce (frozen)
over Mashed Potatoes
Chicken Enchanadas (frozen)
Sicilian Blend vegetable (frozen)
Broccoli Spears (frozen)
Buttermilk Biscuit (frozen you just bake)
W/Butter & Honey
Lemon Bars (recipe)
or Lemon Pudding (use recipe on package)
2% Milk (6oz.)

AFTERNOON COOK PLEASE TAKE OUT ALFREDO SAUCE AND FROZEN STRAWBERRIES.